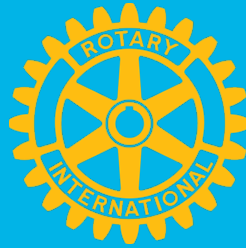


Rotary

Club of Cranbrook Sunrise



Monday, July 8, 2024

Events

July 9th

[Cranbrook Sunrise Weekly Club Meeting](#)

Speaker: Executive Director of Fort Steele - Kevin Brown

Birthdays

Penny Coyle
July 2nd

Wedding Anniversaries

Allan W. Davis
July 9th

Years of Service

Bob Bjorn
07-09-2002
22 Years

Heat Wave

By Ursula Brigl on Monday, July 8, 2024



Summer has truly arrived. With temperatures in the high 30s and nighttime temperatures not dropping much below 20, take extra care this week. HealthLinkBC provides an overview of the impact that excessive heat has on the human body and what you can do to reduce the risk of heat-related health complications, [Heat-related Illness | HealthLink BC](#).

And remember that our furry friends suffer in the heat as well. If you share your home with one, make sure they have plenty of water and a cool place to sleep.

Meeting Notes for July 2, 2024

By Dennis Parsons on Sunday, July 7, 2024

Guests: Ray Miller - it is feeling like he is an honorary club member.

The July 9th meeting is in the Heritage Board Room directly across from the restaurant entrance.

Inspiration: Joao

He was looking through a photo album of things he did here, like being at Premier Lake camping of which he posted a picture for the wallpaper on his phone.

His Grandma asked him if he will miss this life? He told her he would. He did miss 6 things from Brazil. In Cranbrook he appreciates the small things and now he does so at home as well.

Joao is heading home in 2 days but still has those nice things to remember and he appreciates everything.

Club Notes:

Darcy - the budget was passed with a pretty strong majority.

Iris - Joao is leaving on the 4th and there will be a BBQ in Idlewild park at the pavilion. Let Iris know ASAP. Dinner around 5:30

Penny - The volunteer web page for the Gran Fondo is up and running thanks to Jason.

Darryl - Prom parking - thanks to all the volunteers. The lot was filled to capacity and beyond.

Jason - The Gran Fondo registration is at 306. All club members should register as volunteers.

[Read More](#)

Club Business

By Ursula Brigl on Sunday, July 7, 2024



Here it is, the start of a new Rotary year. It promises to be another busy year of projects and activities.

We are starting the year with 36 members. Let's aim to get our club back up to 40 members by next June.

The more members we have, the more good we can do in our community and around the world.

To start things off, our program will be all about what you want to get out of our weekly meetings this year. Here are the questions that you will get to answer:

1. What do you think about the structure of the morning meetings? Is there anything you would like to see changed in the order of what gets covered?
2. What are your thoughts on the frequency of the meetings? Do you like the current structure of weekly meetings with the occasional cancelation in favour of a special event, or would you like to see something else, such as bi-weekly meetings with social events or other activities in lieu of structured meetings in the non-meeting weeks?
3. What kind of programs would you like to see over the coming year? Are there any topics, organizations and/or specific speakers you would recommend?
4. What kind of social activities would you like to participate in?

Your feedback will help shape the year to come. We want it to work for most of the people most of the time.

Each table discussed the topics of structure and frequency of meetings, ideas for meeting programs and ideas for social activities and each table made a recommendation as follows:

Ideas for Meeting Structure & Frequency:

- meetings are fine as is,
- breakfast could be an option or just have coffee,
- lots of people love what we do and help us when they can. Consider a Sunrise light category for those who don't have the money or time but love to help out,
- replace some weekly meetings with evening social events,
- hold 2 meetings a month
- attend/tour businesses in the community
- get rid of Happy bucks as they could dissuade a new member.

Ideas for programs:

- how to play pickleball presentation, a social gathering
- other Rotary club presidents come and speak. Put presenter full time in the program, not 2 speakers.
- more vocational talks, present past projects for the newer club members
- it's okay ending on time. Have Penny report on her group.

Ideas for social activities

- garden and yard tour of club members,
- one social per month in lieu of a general meeting, but not at a commercial enterprise,
- social walk monthly in the evenings and coffee
- meet and greet once a month in the evening.
- miniature golf, painting/wine night,
- a social shouldn't occur in the same week as a meeting

Ursula is not a people person - outside of work and Rotary she knows her dog. She will need help arranging programs for the year. Do you have ideas on program presenters or any internal presentations?

Happy Dollars & Sgt. at Arms

By Dennis Parsons on Sunday, July 7, 2024

Happy Dollars:

Al Dyck - Just returned from England and Scotland.

Darryl - Their piano was given away and is being re-homed. It was built in 1898 and has been in the family since then.

Antoine - Is happy that they have a solar unit on their roof that can generate their own power.

Sgt. At Arms:



The Sgt at Arms was Rotarian Bre Tironese: (Her first time in the role of Sergeant)

Roger Brown and Darryl Bishop - were fined for non compliance - not wearing a name tag

Linda Hastings, Helen Boon, Mel McFarlane, and Sgt. Bre Tironese were all fined for sitting at an exclusive table of

ladies.

Everyman present at the meeting was fined because they did not rescue the ladies, by sitting at their table.

Darryl Bishop - for giving the microphone to Jason and it was turned off, he was fined.

Jason Tichauer - was fined for wanting the Sgt to fine Darryl.

Dave Savage - was fined for breaking the president's rules on her first day.

Al Dyck - was fined for his holiday but she wasn't sure if it should be in £'s or \$'s

Carol Westcott - was fined as she did not know how many days there were until Christmas.

Glenn Dobie - did not know what birthday Canada had on July 1st this year - fined.

Darryl Bishop - did not know the Olympic date start, he guessed July 26?? - fined.

Steve Weatherall - was asked where are the Olympics are being held and he new the answer(Paris) - no fine.

Closing Comments

By Ursula Brigl on Sunday, July 7, 2024

“There is a magnet in your heart that will attract true friends.
That magnet is unselfishness, thinking of others first;
when you learn to live for others, they will live for you.”
Paramahansa Yogananda.



